

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 12 Issue 2

May 2013

WELLINGTON MASTERS ATHLETICS INC.

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President:	Brian Watson	06 364 7758
V.President:	John Hammond	04 292 8030
Secretary:	Albert Van Veen	563 8450
Treasurer:	Graham Gould	973 6741

COMMITTEE:

Barbara Tucker	027 271 5177
John Palmer	479 2130

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Action from the 5000m at the NZ Masters track and field championships in Wellington in March. Dougal Congalton 6501, Brian Hayes 6523 (both Wellington) and Peter King 6522 (Canterbury).

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2012-2013

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LIFE MEMBERS

Jim & Colleena Blair (2004); Bruce & Noeleen Perry (2008); Heather May; Richard Harris (dec'd) and John Palmer (2010).

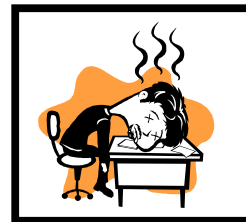
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WGTM HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6012	476 6956
WGTM MARATHON:	Bruce Perry	Apt 512, 134 Burma Road, Johnsonville, Wellington 6037	
WGTM MASTERS:	Colleena Blair	Flat 4, 39 Kiln Street, Silverstream, Upper Hutt 5019	528 2992

COMMITTEE MEETINGS 1st THURSDAY OF MONTH AT OLYMPIC HARRIER CLUBROOMS, BANNISTER AVENUE,
JOHNSONVILLE, COMMENCING AT 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME.

FROM THE EDITOR'S DESK



Well it is hard to believe that we are into the month of May already and the Classic Relay is done and dusted for another year (results on page 11). The committee apologizes to members for the Classic Relay reverting back to Mother's Day. When we went to book the event on the Monday following last year's event, someone had already been in to the Upper Hutt City Council and booked the date that we were looking at for 2013. We have been a little more pro-active this year and after our last committee meeting have booked the event for 2014 on a date that isn't Mother's Day.

The year started off with the biggest con of the past years being exposed - Lance Armstrong came out and admitted that he was a drug cheat. No surprise to a lot of people as many thought that he was a cheat anyway. I recently read the book by David Walsh (featured on page 9 of this issue) on his pursuit of Lance Armstrong in exposing what is a sport that over the years has been riddled with drug cheats. In this book it shows Lance Armstrong as being a manipulative bully to friends, colleagues and team members. I only hope that the organisations that he threatened to sue take him to the cleaners in an attempt to get the money back that they paid out to Armstrong under threat of being taken to court. I also hope that he is never allowed to compete again in cycling or triathlon which he was trying to break into.

In March, Wellington was the host of the NZ Masters track and field championships held at Newtown Park. While the numbers were slightly down (216 competitors) compared to previous years, competition was fiercely contested in some events. Congratulations to all those Wellington members who took the opportunity to take advantage of the event being at home. Overall the feedback by local competitors and of those from other Centres, was very positive saying what a well organised event it was. Congratulations to those members who received a medal for competing in their specialist event. Also a big thank you to those Wellington members who officiated over the weekend of the championships - without your continued support these championships would not have been the success that they were.

Most of us will have now been involved through their running clubs with the opening of the 2013 harrier season and will have already taken part in some of the inter club events held. No doubt before we know it the harrier season will have gone from the cross country segment of the programme and we will be looking at the road races - culminating with the NZ Road Relay which finishes off the season.

Our members have been traveling far and wide (not only in NZ but overseas too), competing in a range of events from the shorter 10km through to half and full marathons. Well done to those who have managed a top ten or top three placing in these races. Luckily none of our members were directly caught up in the tragic Boston Marathon and the terrible bombing that killed three people and injured 264.

It won't be long until the AGM of Wellington Masters will be held in September and it is time to elect a new committee. This year we will need a new President as our incumbent, Brian Watson informed the current committee of his intention to stand down at this year's AGM. We also require a couple more committee members as last year we did not fulfill our quota of committee members. I would ask members to consider putting their name forward for the role of President or putting their name forward for coming onto the committee. Sometimes it is necessary to get new "blood" on the committee with new ideas to bring to the table.

The next event for Wellington Masters is the Johnsonville 8km race on Sunday 14th July at the Olympic Harrier Clubrooms.

John Palmer
Editor

HEALTH

Are You D-ficient?

Shedding light on the sunshine vitamin by Liz Applegate

VITAMIN D IS ESSENTIAL for maintaining bone health. But mounting evidence is revealing many more ways this nutrient is crucial to a runner's overall health - safeguarding muscle strength, shoring up immunity, and easing inflammation.

Here's what you need to know about vitamin D and how to make sure you're getting enough.

THE BASICS - AND HOW MUCH?

Vitamin D is created in your body from exposure to sunlight. It travels through your bloodstream, becoming a potent hormone that wakes up receptors in your intestines to start absorbing calcium. Recent studies show that other organs, muscles and body tissues are equipped with receptors, too. To sustain optimal amounts of the nutrient in our bodies, the current recommended daily allowance (which was based on bone health alone and assumes little or minimal sun exposure) is 600 international units (IU) a day for everyone through age 70 (800 IU if you're older). Many scientists, physicians and nutritionists (myself included) don't believe that's enough to reap the full benefits, and advocate daily doses of 1000 to 3000 IU.

D ON RUNNING DUTY

On top of reducing the likelihood of stress fractures, healthy vitamin D levels have been shown to reduce the likelihood of overuse injuries and help quiet soreness in muscles after a race or hard workout. In 2011, researchers at the University of Wyoming discovered that a key inflammatory marker rises exponentially in runners when the amount of vitamin D in the bloodstream drops below a certain point. In that same study, student athletes with low levels of vitamin D were more likely to be sidelined due to a cold or the flu, compared to teammates with normal vitamin D in the bloodstream.

SUN VERSES SUPPLEMENTS

Experts agree it's difficult for most people to get enough vitamin D through their diets (see "Where's the D?" below). The sun's UV rays are our best bet, but even during the summer months the sun is strong enough for vitamin D production only between the hours of 10am and 3pm - and it needs to hit more than our hands and faces. That's obviously not great for most runners. And sunscreen, which we need to prevent skin cancer, cuts production by 99 per cent. That leaves supplements. Discuss your individual needs with your doctor or nutritionist, who may recommend a simple blood test before determining an appropriate supplement amount. Once you've had that conversation, look for brands that contain vitamin D3 (cholecalciferol) rather than vitamin D2 (ergocalciferol) and without herbs, which can interfere with D's function.

Where's the D?

THERE ARE FEW NATURAL food sources of vitamin D. Seek out fortified dairy products, cereal and juice, which provide between 40 and 125 IU per serving. And keep these items on your weekly shopping list.

EGG YOLKS

80 IU (2 whole)

In addition to scrambled eggs for breakfast, have a hard-boiled egg as a midmorning snack, or enjoy egg-drop soup before a run.

MUSHROOMS

380 IU (1 cup)

All varieties have some D, but growers have raised IU levels by exposing cremini, portobella, and white button types to UV light; check labels.

FATTY FISH

400-800 IU (110g)

Salmon, mackerel and sardines top this list. Grill or bake for fish tacos. Or top a post-run flatbread pizza with sardines or mackerel.

Liz Applegate is a Senior Lecturer in the Nutrition department at UC Davis and is known for teaching the classic course Nutrition 10. She has a Ph.D. from UC Davis. She is a nutrition consultant for the U.S. Olympic teams as well as members and teams in the NBA and NFL, such as the Oakland Raiders (2005 team nutritionist).

* * * *

GRAPEFRUIT

GOOD FOR YOU

Half a grapefruit packs 75 per cent of your daily need for vitamin C. Research shows marathoners who ingest 200mg or more of vitamin C daily cut their risk of catching a cold by half. Pink and red varieties contain vitamin A and the cancer fighting antioxidant lycopene.

GET THE BEST

Choose firm, heavy fruit that is round or slightly flattened at each end. Early season grapefruit are tarter and get sweeter as the season goes on, whether the flesh is white, pink or red. All varieties have yellow skin sometimes tinged pink. Avoid green skin, which indicates the fruit is unripe.

KITCHEN SIMPLE

Roast grapefruit and pair it with Greek yoghurt for dessert: Peel and section grapefruit, removing the white membrane. Place fruit on a parchment-lined tray. Sprinkle with sugar and grill until caramelised (three minutes). Place fruit over Greek yoghurt mixed with honey.

* * * *

Why do you press harder on the buttons of a remote control when you know the batteries are dead?

BITS and PIECES

MEMBERSHIP

Our current membership stands at 102 members. Welcome to new member Mike Horlor (WMA).

* * * *

CONGRATULATIONS TO . . .

JIM BLAIR who was elected Patron of NZ Masters at the AGM held recently in Wellington.

JUDY HAMMOND who has been awarded the 2012 Female Jumper of the Year by NZ Masters.

* * * *

NEWTOWN PARK ALL WEATHER TRACK

A few ground rules, from the start:

- No vehicles, bicycles, scooters, skateboards, rollerblades inside the arena fence. (The only approval is for our quad bike and their mower!).
- Animals are strictly prohibited.
- No Smoking.
- No food or drink inside the arena fence.
- No smoking, spitting, chewing gum or glass.
- Practice block starts from the blue line.
- There are (or will be!) signs on the pole rail indicating the various starts, including 150m, 5 x 80m relays etc.

THE NEW TRACK - SPIKE RULES

(Coaches and event managers MUST ensure compliance)

Sporting Technology International [STI] only permit 'Pyramid' or 'Christmas Tree' spikes (also called compression tiered spikes) to be used on the track for athletic activity.

These spikes will provide ideal performance for athletes on the Rekortan® surface and certainly result in less damage due to flatter profile and therefore lower point load. They are designed to compress the surface rather than dig in, providing energy restitution to the athlete, especially for sprinting events.

NOTE: 'Needle' or 'Pin' spikes are strictly not allowed and usage of these spikes will affect our warranty.

Maximum length spikes are essential to performance and track longevity:

Running activity - maximum of 6mm.

Throw and Jump activity - maximum of 9mm.

* * * *

World Masters Rankings

In the last issue of The Master Copy there was a reference to Jackie Wilson achieving a World Masters Ranking. Since then I have found out that there are a number of other Wellington Masters athletes who have also achieved World Rankings.

For a list of these athletes and their rankings go to:

<http://nzmastersathletics.org.nz/wellington/wellington.html>

or for a full list of Masters World Rankings go to:

www.mastersathletics.net

* * * *

HOW TO DEAL WITH WINDY DAYS

Is there a good technique for running in strong wind?

Stay relaxed and lean slightly into the wind, which decreases resistance and helps to conserve energy. Start your out-and-back runs into the wind, and use your effort level - not your time - to dictate the pace.

* * * *

SPINACH FOR STRENGTH

Popeye was onto something! Nitrates - such as those found in spinach, beetroot and lettuce - improves muscle strength, according to a study published on the *Journal of Physiology* online. During a seven-day study, mice with nitrates in their drinking water had stronger muscles compared to a control group.

* * * *

WATER WORKS

Dehydration affects race times - and now researchers say it does a number on your mind too. University of Sheffield study subjects performed less well in cognitive ability tests if they hadn't drunk enough water during earlier exercise. Drink to thirst to stay sharp in all those boring office meetings after your early morning runs.

* * * *

FOOD FOR THOUGHT

Eating 115 grams of salmon twice a week supplies your body with enough omega-3 fatty acids to help protect against asthma, heart disease and cancer. Research even shows that eating pink fish can approve your ability to use oxygen, which ups stamina. If you're on a tight budget, canned fish is just as healthy.

* * * *

"If you focus on results, you'll never change. Focus on change; you'll get results." - Jack Dixon, author.

A GOOD CURE?

The lowdown on recovery remedies

By Jessica Girdwain

RUNNERS OFTEN HAVE their own "miracle cures" they swear by to relieve leg soreness that can crop up after a difficult or long run. But what really works to cure those aches - and what doesn't? We asked experts for their take on popular methods so you can feel fresh-footed in a flash.

REFUELLING

Verdict – do it

Hydrating post-run is critical. Dehydration slows down all recovery body functions. Drinking H₂O replenishes both cell and blood volume and helps regulate body temperature, which can enhance recovery says Allan Goldfarb, Ph.D., an exercise physiologist at the University of North Carolina. You must eat, too. "A 4-to-1 ratio of carbs and protein eaten within two hours of exercise is ideal for recovery," he says.

ICE BATH

Verdict – try it – maybe

Research on whether sitting in a chilly tub reduces post-run achiness is mixed - some studies report it helps; others say it makes no difference. Jason Karp, Ph.D., author of *Running a Marathon for Dummies*, says there is some evidence that cold water can lessen exercise-related muscle damage and inflammation, so it could benefit you after a particularly intense or long run (like a marathon) where your muscles have experienced the most damage. But if you're not up for the teeth-chattering treatment, don't feel compelled. However, "spot icing" to reduce pain and inflammation in an acute injury like a twisted ankle, is smart.

STRETCHING

Verdict – try it

Post-run stretching has its merits - it can improve a range of motion and flexibility. But just don't expect it to ease your pain, says Stacy Sims, Ph.D., an exercise physiologist at the Stanford University School of Medicine. A Cochrane Summaries review of 12 studies reported that post-workout stretching reduced soreness by one point on a 100-point scale.

COMPRESSION

Verdict – try it

While they're not noticeably effective if worn immediately after exercise, one study in the *Journal of Sports Sciences* shows that compression socks can reduce delayed-onset muscle soreness if worn during a run. "They're especially effective for hill runs because the extra tightness reduces muscle load, decreasing post-workout soreness," says Sims.

NSAIDs

Verdict – skip it

Following a tough run that makes walking down stairs uncomfortable, you may take non-steroidal anti-inflammatory

drugs (NSAIDs), such as ibuprofen, because they relieve painful inflammation quickly. But this actually impairs muscle growth, says Sims. Plus, NSAIDs can make you ignore cues that your body is fatigued. And if you push through soreness, you could further delay your recovery.

MASSAGE

Verdict – do it

A study in *Science Translational Medicine* found that massage boosts recovery because it helps decrease the activity of pro-inflammatory proteins in muscle cells and stimulates production of mitochondria, the power generators within cells.

ACTIVE REST

Verdict – try it

A light workout the day after a hard workout or race will enhance blood flow to muscles and speed repair. Sims recommends yoga, aqua jogging, swimming and cycling because these exercises don't use the same motion as running. A slow "shakeout" run is fine, but hoof it on a soft surface and take it slow and easy.

SLEEP

Verdict – do it

"This is the best recovery!" says Sims. The body releases a growth hormone during sleep, shifting repair processes into overdrive. Also, consider having a protein snack (a glass of low-fat milk, a handful of almonds) before bed. A recent study revealed that protein digestion and absorption is effective during sleep, helping stimulate overnight muscle repair.

SIMS SAYS THAT WOMEN MAY BENEFIT MORE FROM ICE BATHS THAN MEN BECAUSE OF DIFFERENCES IN POST-EXERCISE BLOODFLOW.

* * * *

WELLINGTON MASTERS ATHLETE OF THE YEAR

Past winners:

2000	Judy Hammond
2001	Ellis Goodyear
2002	Barry Prosser
2003	Bernie Portenski
2004	Simon Poelman
2005	Bill Nicholson
2006	Peter Baillie
2007	Colleena Blair
2008	Jim Blair
2009	Grant McLean
2010	Anne Hare
2011	Jim Blair
2012	Jacqueline Wilson

Rehabilitation of Sports Injuries:

The Walk/Run Program

Following sports injuries, patients must concentrate on fitness before resuming their full running activities. Indeed, inadequate preparation predisposes the athlete to further injury.

Many sporting activities involve running. Clearly, then, rehabilitation programs following sports injuries will often require preparation to return to running before the athlete can expect to run for the extended period of time required to participate, for example, in a game. Cardiovascular fitness and conditioning of muscle groups is necessary. If the patient has been inactive for a month, the minimum time required to achieve fitness sufficient to run for thirty minutes is one month. For injuries such as Achilles tendon rupture, where the athlete may need as much as six months to recover, the return to his previous level of fitness will take even longer.

The Run/Walk Program

A walk/run program allows the athlete to attain fitness and strength at the same time that he or she is gradually returning to running. The program is followed in transitional levels. Athletes can progress from one level to the next, provided they remain asymptomatic. The athlete should spend a minimum of two days at each level. Before progressing to the next level, one rest day is taken. If pain is felt at any stage, the athlete should stop and rest for one day before recommencing at the same level. Then, the athlete should remain at this level until pain-free. When the athlete completes level ten, the final level, he or she is able to complete a thirty-minute run.

Stretching, which is vital before each session, increases blood flow, which in turn, increases the supply of oxygen to the muscles. It also increases flexibility and prepares the body for specific activity, thus helping to minimise the risk of injury. All muscle groups relevant to running, such as quadriceps, hamstrings, and gastrocnemius, should be stretched. Particular attention should be paid to the injured muscle(s) or group of muscles around the injured joint.

The crux of the walk/run program used at the San Francisco Centre for Sports Medicine is a thirty-minute regime broken down into six segments. The patient always begins with walking, then interchanges walking and running. The duration of each depends on the level the athlete has attained. For example, at level one, the patient will walk for nine minutes, run for one. This pattern is repeated for the six segments, that is the patient will walk three times and run three times. After the completion of the walk/run, the athlete performs a five- to twenty-five minutes restretch and ices the injured area to prevent any inflammatory response. If the athlete experiences no pain and is otherwise asymptomatic, the regimen is repeated the following day. The athlete then rests for one day before progressing to the next level. It takes at least one month for patients to complete this program and return to pre-injury activity.

The Complete Walk/Run Program

Level	Stretching Minutes	Walk (Mins.)	Run (Min.)	Total Each Step	Total Minutes	Stretching (Min.)	Ice
1	5-20	9	1	3	30	5-20	5-10
2	5-20	8	2	3	30	5-20	5-10
3	5-20	7	3	3	30	5-20	5-10
4	5-20	6	4	3	30	5-20	5-10
5	5-20	5	5	3	30	5-20	5-10
6	5-20	4	6	3	30	5-20	5-10
7	5-20	3	7	3	30	5-20	5-10
8	5-20	2	8	3	30	5-20	5-10
9	5-20	1	9	3	30	5-20	5-10
10			30 minutes straight running				



RECIPE

Chargrilled Chicken, Orange & Spinach Salad

Ingredients:

250g Ciabatta bread, torn in chunks
Olive oil spray
400g chicken breasts, skinless, flattened
2 oranges, peeled, segmented
50g pine nuts, roasted
300g spinach

Dressing:

3 tablespoons balsamic vinegar
1 teaspoon whole grain mustard
1 teaspoon runny honey
2 tablespoons olive oil

As an alternative you can use the Raw Salad Dressing outlined below.

Method:

Step 1: Preheat oven to 180°C. Place bread on a baking tray and spray with oil. Bake for 15 minutes.

Step 2: Heat a non-stick pan with some oil spray. Cook chicken breasts for 3 minutes each side or until completely cooked through. Cook in batches.

Step 3: While chicken is cooking, make dressing. Mix ingredients together using a whisk. Season.

Step 4: Toss oranges, pine nuts, spinach and bread together. Divide among serving plates. Top with sliced chicken and drizzle with dressing.

Time to make: 30 minutes

Serves 4.

Raw Salad Dressing

Ingredients:

1 cup extra virgin olive oil
¾ cup apple cider vinegar or feijoa fruit vinegar
½ cup of Tamari (pure soy sauce)
½ cup of Tahini
4 tsps. of agave or pure maple syrup
1 tsp. garlic (crushed)
¼ tsp. basil
¼ tsp. oregano

Method:

Mix everything in a blender till creamy or put into a container and shake vigorously.

* * * *

MANDARINS

Vibrant orange, juicy, low-fat and easy to peel - what's not to like about mandarins? This healthy winter snack food is still in season. Mandarins split into tiny segments that look like pretty jewels and the taste is sweet and refreshing. With about eight grams of natural sugars per 100g, they are a healthy alternative to chocolate.

Loose and puffy are two words most women detest, but when it comes to the texture of mandarin peel, it's actually a compliment.

Mandarins are rich in vitamin C, a powerful antioxidant that supports the body's immune system and is essential for absorbing iron in food. They also provide a good source of vitamin A, folic acid and dietary fibre. Native to Asia, mandarins - along with pomelos and citrons - are one of the three original "granddaddies" of citrus fruit from which other types evolved.

When buying mandarins, look for the plump ones with a glossy skin that are heavy for their size - a sign they have a lot of juice. Store in the fridge for up to 10 days, or keep at room temperature for up to a week.

Throw segments into a chicken or fruit salad, grate the zest for extra flavour, make a sweet-and-sour sauce, or eat with natural yoghurt.

* * * *

STICK TO THE PLAN

There's nothing to stir indignation and competitive instincts like another athlete storming past on the cycle or run leg - especially if they're from an older age group - but treating each loss of a position as a personal insult and trying to chase the competition down will waste precious energy, burn up your legs and cost you time later in the race.

Stick to your own race plan, not someone else's; surge if you're sure you can stay ahead but save your sprint to get you to the finish line.

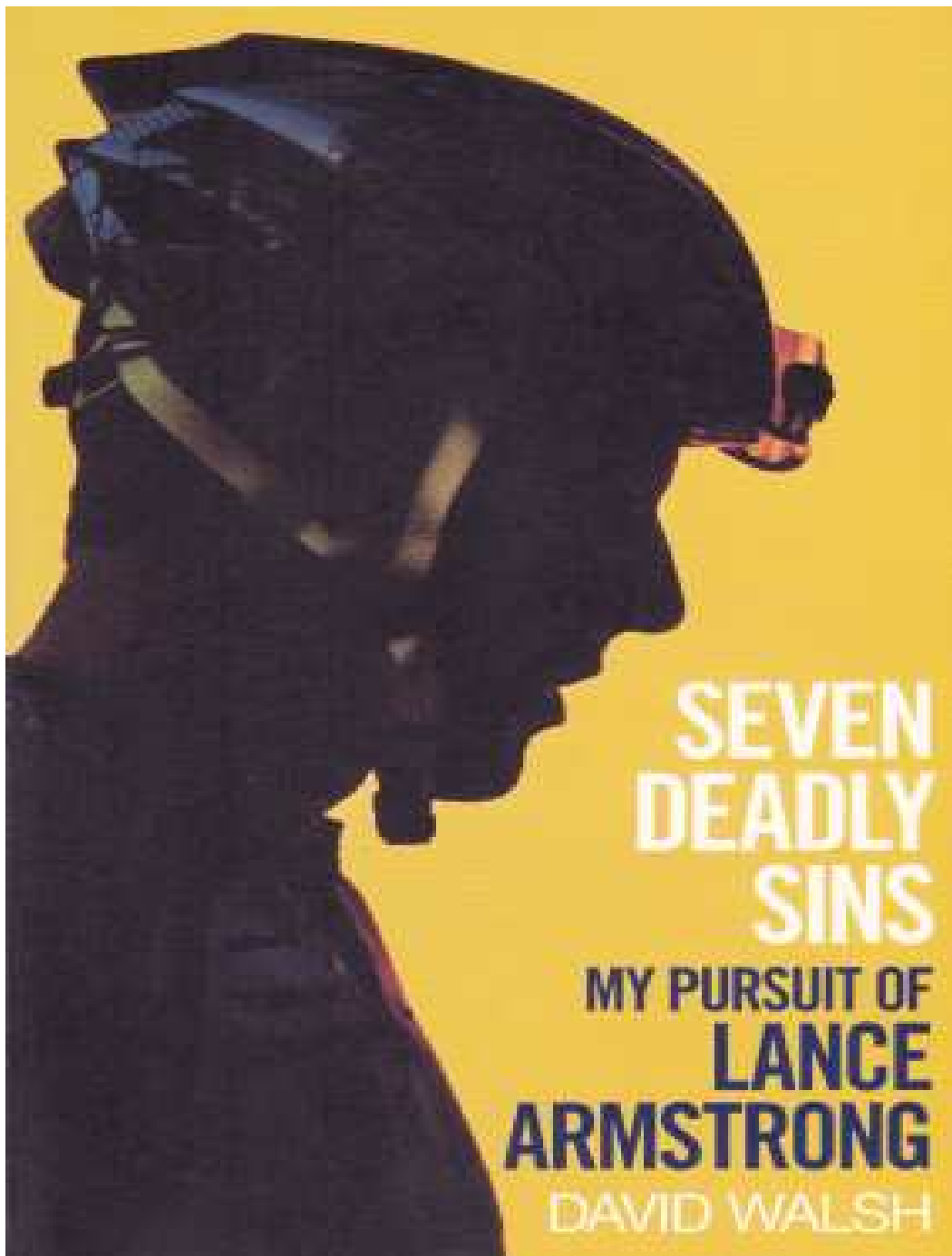
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DIET & CORONARY HEART DISEASE

Canadian researchers conducted a systematic review of studies and trials investigating links between diet and coronary heart disease (CHD) to evaluate the strength of evidence for the links. They found the strongest evidence for the intake of vegetables, nuts, monounsaturated fats and 'Mediterranean' diet patterns as protective factors, and for harmful factors including intake of trans-fats and foods with a high glycaemic index or load.

** BOOK REVIEW **

This book follows the quest of David Walsh, as he was not convinced that Lance Armstrong's comeback and subsequent seven title wins in the Tour de France were all above board, even with Lance's insistence that he had never taken performance enhancing drugs. David Walsh shows that Lance Armstrong was not only a bully and a drug cheat but the whole of cycling in the Tour de France, has, over the years, been riddled with drug taking and drug cheats. Published by Simon & Schuster UK Ltd - 21 Chapters over 426 pages.



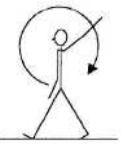
Mexican Race Walking Drills



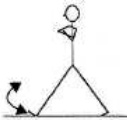
Drill 1



Drill 2



Drill 3



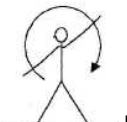
Drill 4



Drill 5



Drill 6



Drill 7



Drill 8



Drill 9



Drill 10

These drills can be done during a warm-up to aid joint mobility and co-ordination. Start with 5 minutes of slow walking and then carry out the first drill for 30-40 seconds. Follow this with a minute of walking at various speeds and then the next drill. The drills are listed in the order in which they should be carried out. Drills must be done slowly at first until they are mastered. Later the speed can be raised as mobility and co-ordination improves.

Drill One

Walk with strides of medium length along a straight line, arms straight down by your sides. Rotate your left shoulder joint in the direction indicated in the diagram. Repeat, rotating your right shoulder joint in the same sense.

Drill Two

Raise your arms, bent to 90° at the elbow, to the level of your shoulders. Clasp your hands together. Walk with long strides placing your feet either side of a straight line, keeping your chest to the front. Move your arms to the right and left to balance the motion of your pelvis.

Drill Three

Walk with medium strides along a straight line. Hold one arm straight by your side whilst rotating the other, fully extended, in the direction shown. Repeat with the other arm.

Drill Four

Fold your arms in front of your body at shoulder level. Walk with medium strides placing your feet either side of a straight line.

Drill Five

Walk with short strides along a straight line, arms straight down at your sides. Greatly lower your right shoulder when right leg is passing under your body. Similarly bring your left shoulder down towards your left hip.

Drill Six

With your arms straight down, clasp your hands together in front of your pelvis. Walk with short strides, placing your feet either side of a straight line. Balance the rotation of your pelvis by pushing your hands to the left and right, keeping your arms fully extended.

Drill Seven

Walk with short strides, placing your feet either side of a straight line. Rotate both arms, fully extended, in a backward direction (like back pedalling on a bicycle) and in co-ordination with your strides.

Drill Eight

Join your hands behind your back at the level of your pelvis. Walk with strides of medium length, placing your feet to either side of a straight line.

Drill Nine

Walk in a straight line with short strides. Keep your arms straight down by your sides. Rotate both your shoulder joints in a backward direction (like back pedalling on a bicycle) and in co-ordination with your strides.

Drill Ten

With your arms relaxed at your sides, walk with strides of medium length. Place your feet a considerable distance to either side of a straight line.

28th Wellington Masters Classic Cross Country Relay

Trentham Memorial Park, Upper Hutt, Sunday 12th May 2013

Once again the weather conditions were perfect for this race with clear skies, no wind, sunny and warm and the course firm under foot.

This year 15 teams (nine running and six walking) took part - down on last year where 16 teams took part.

Fastest laps for the runners were Michael Wray (14:24) and Michelle Van Looy (16:45). Fastest walkers were Peter Baillie (24:13) and Terri Grimmett (26:05).

Open Men:

Scottish

Michael Wray	0:14:24
James Turner	0:15:55
Warren Maguren	0:15:28
Paul Brydges	0:17:12
Bill Twiss	0:16:14
	1:19:13

1 of 2

Trentham Tigers

David Hood	0:16:09
Tim Armstrong	0:16:15
Mike Beaumont	0:15:25
Brett Wilby	0:18:40
Terry Bedlington	0:18:10
	1:24:39

2 of 2

Open Women:

Olympic

Michelle van Looy	0:16:45
Sharon Walker	0:19:05
Annie van Herck	0:22:10
Nuala Dunn	0:19:51
Tineke Hooft	0:18:00
	1:35:51

1 of 2

Scottish

Rebecca Speirs	0:19:21
Maryanne Palmer	0:23:08
Helen Willis	0:18:07
Sharon Wray	0:22:55
Barbara Morrison	0:24:53
	1:48:24

2 of 2

250+

Scottish (Team Plowman)

Jonathan Harper	0:18:02
John Skinnon	0:18:06
Jo Badham	0:19:04
Steve Plowman	0:16:40
Angela Leck	0:16:07
	1:27:59

1 of 1

Mixed

Trentham Leopards

Sue van der Jagt	0:21:10
Helen Bassett	0:25:12
Paul Homan	0:18:51
Dave Henderson	0:21:38
Dianne Rogers	0:27:25
	1:53:16

1 of 1

300+

Hutt Valley

Stuart McKenzie	0:18:27
Shaun McCarthy	0:18:23
Peter Sparks	0:17:40
Albert van Veen	0:21:43
John Wood	0:19:19
	1:35:34

1 of 3

Scottish

John Palmer	0:21:16
Bob Stephens	0:19:24
Ian Stronach	0:19:31
Richard Sweetman	0:19:26
Glen Wallis	0:17:10
	1:36:47

2 of 3

Olympic

Peter Hanson	0:25:35
Elle Brown	0:26:03
Brian Watson	0:21:48
Brian Rusbridge	0:19:55
Steve Bligh	0:19:12
	1:52:33

3 of 3

Open Walkers

Scottish A

Peter Baillie	0:24:13
Terri Grimmett	0:26:05
Geoff Iremonger	0:28:30
	1:18:48

1 of 3

Trentham Panthers

Warren Jowett	0:24:20
Jackie Wilson	0:28:36
Jon Roskvist	0:27:12
	1:20:08

2 of 3

Scottish C

Peter Tearle	0:37:57
Peter Baillie	0:26:00
Terri Grimmett	0:27:37
	1:31:33

3 of 3

150+

Scottish B

Barbara Morrison	0:28:28
John Hines	0:31:37
Daphne Jones	0:34:15
	1:34:20

1 of 3

Trentham Cheetahs

Jenny Lippross	0:31:08
Val Buddle	0:30:48
Pat Scholes	0:35:42
	1:37:48

2 of 3

Trentham Jaguars

Petronella Lazet	0:33:51
Tessa Brown	0:34:34
Phillip Du Toit	0:31:03
	1:39:40

3 of 3

A big thank you to those members and non-members who acted as marshals on the day and to Trentham United Harriers for setting out the course and for the barbecue and sausages – much appreciated.

* * *

NELSON HALF MARATHON

The forecast rain held off for the running of the 33rd Nelson half, ¼ marathon and 5km. Flash flooding at Stoke the week before this year's event blocked some of the underpasses used in the race but the local council had cleared these before race day. This year just over 400 competitors lined up over the three events and Athletics Nelson are hoping that next year the numbers will increase though they realise that there are a number of other events on over the same weekend as their event. Disappointing this year was the number of competitors in the walks which were considerably down on previous years.

Though it was cool there was no wind to contend with making running conditions ideal. Some light showers fell during the latter part of the morning only affecting the last few finishers but around 4pm the heavens opened up and it rained quite heavily.

Only three Wellington Masters took part this year at Nelson.

In the half marathon walk Terri Grimmett was 1F55+ in a time of 2:18:10. In the ¼ marathon, John Palmer ran 56:01 for 7th in the M60+ and Maryanne Palmer was 3rd in the F55+ in a time of 59:31.

THE ATHLETE'S KITCHEN

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Why Can't I Simply Lose a Few Pounds? Dieting Myths and Gender Differences

Despite their apparent leanness, too many runners are discontented with their body fat. All too often, I hear seemingly lean marathoners express extreme frustration with their inability to lose undesired bumps and bulges:

Am I the only runner who has ever gained weight when training for a marathon?

Why does my husband lose weight when he starts running and I don't?

For all the exercise I do, I should be pencil-thin. Why can't I simply lose a few kilos?

Clearly, weight loss is not simple and often includes debunking a few myths. Perhaps this article will offer some insights that will lead to success with your weight loss efforts.

Myth: You must exercise in order to lose body fat.

To lose body fat, you must create a calorie deficit. You can create that deficit by:

- 1) exercising, which improves your overall health and fitness, or
- 2) eating fewer calories.

Even injured runners can lose fat, despite a lack of exercise. The complaint "I gained weight when I was injured because I couldn't run" could more correctly be stated "I gained weight because I mindlessly overate for comfort and fun."

Adding on exercise does not equate to losing body fat. In a 16-week study, untrained women (ages 18 to 34) built up to 40 minutes of hard cardio or weight lifting three days a week. They were told to not change their diet, and they saw no changes in body fatness⁽¹⁾. Creating a calorie deficit by eating less food seems to be more effective than simply adding on exercise to try to lose weight.

Runners who complain they "eat like a bird" but fail to lose body fat may simply be under-reporting their food intake. A survey of female marathoners indicated the fatter runners under-reported their food intake more than the leaner ones. Were they oblivious to how much they actually consumed?⁽²⁾ Or were they too sedentary in the non-exercise hours of their day?

Myth: If you train for a marathon or triathlon, surely your body fat will melt away.

Wishful thinking. If you are an endurance athlete who complains, "*For all the exercise I do, I should be pencil-thin,*" take a look at your 24-hour energy expenditure. Do you put most of your energy into exercising, but then tend to be quite sedentary the rest of the day as you recover from your tough workouts? Male endurance athletes who reported a seemingly low calorie intake did less spontaneous activity than their peers in the non-exercise parts of their day⁽⁴⁾. You need to keep taking the stairs instead of the elevators, no matter how much you train. Again, you should eat according to your whole day's activity level, not according to how hard you trained that day.

Myth: The more miles you run the more fat you will lose.

Often, the more miles you run, the hungrier you get and 1) the more you will eat, or 2) the more you believe you "deserve" to eat for having survived the killer workout. Unfortunately, rewarding yourself with a 600-calorie cinnamon roll can quickly erase in a few minutes the 600-calorie deficit you generated during your workout.

The effects of exercise on weight loss are complex and unclear — and depend on the 24-hour picture. We know among people (ages 56-78) who participated in a vigorous walking program; their daily energy needs remained about the same despite adding an hour of exercise. How could that be? The participants napped more and were 62% less active the rest of their day⁽³⁾. Be sure to pay attention to your whole day's activity level. One hour of running does not compensate for a sedentary lifestyle

Myth: You should run six days a week to lose weight.

Research suggests exercising four times a week might be better for weight control than six times a week. A study with sedentary women (ages 60 to 74) who built up to exercising for 40 minutes of cardio and weights suggests those who did four workouts a week burned about 225 additional calories in the other parts of their day because they felt energized.

continued on next page

continued from previous page

The group that trained six times a week complained the workouts not only took up too much time, but also left them feeling tired and droopy. They burned about 200 fewer calories in the non-exercise parts of their day⁽⁵⁾. Yes, they were ages 60 to 74, but the info might also relate to you?

Myth: Couples who run together, lose fat together.

Not always. In a 16-month study looking at exercise for weight loss, the men lost 11.5 pounds and the women maintained weight, even though they did the same amount of exercise⁽⁶⁾. In another study, men who did an 18-month marathon training program reported eating about 500 more calories per day and lost about five pounds of fat. The women reported eating only 60 more calories, despite having added on 50 miles per week of running. They lost only two pounds⁽⁷⁾.

What's going on here? Well, a husband who adds on exercise will lose more weight than his wife if he's heftier and thereby burns more calories during the same workout. But, speaking in terms of evolution, nature seems protective of women's role as child bearer, and wants women to maintain adequate body fat for nourishing healthy babies. Hence, women are more energy efficient. Obesity researchers at NY's Columbia University suggest a pound of weight loss in men equates to a deficit of about 2,500 calories, while women need a 3,500-calorie deficit⁽⁸⁾. No wonder women have a tougher time losing weight than do men....

The bottom line

If you are running to lose weight, I encourage you to separate exercise and weight. Yes, you should run for health, fitness, stress relief, and most importantly, for enjoyment. (After all, the E in exercise stands for enjoyment!) If you run primarily to burn off calories, exercise will become punishment for having excess body fat. You'll eventually quit running — and that's a bad idea.

Instead of focusing on exercise as the key to fat loss, pay more attention to your calorie intake. Knocking off just 100 calories a day from your evening snacks can theoretically result in 10 pounds of fat loss in a year. One less cookie a day seems simpler than hours of sweating...?

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* * * *

Quick Thinker

A man in London walked into the produce section of his local Tesco's supermarket and asked to buy half a head of lettuce. The boy working in that department told him that they only sold whole heads of lettuce. The man was insistent that the boy ask the manager about the matter.

Walking into the back room, the boy said to the manager, "Some old bastard wants to buy a half a head of lettuce."

As he finished his sentence, he turned around to find that the man was standing right behind him, so he quickly added, "and this gentleman kindly offered to buy the other half."

The manager approved the deal and the man went on his way.

Later, the manager said to the boy, "I was impressed with the way you got yourself out of that situation earlier, we like people who can think on their feet here, where are you from son?"

"New Zealand, sir," the boy replied.

"Why did you leave New Zealand?" the manager asked.

The boy said, "Sir, there's nothing but prostitutes and rugby players there."

"Is that right?" replied the manager, "My wife is from New Zealand!"

"Really?" replied the boy, "Who'd she play for?"

A Sidecar Ride at 60

By Brian Watson

On 8 November 1998 I had the chance to have a ride around the Wanneroo Motor Racing Track (North of Perth, Australia) as a passenger on a sidecar outfit.

I have two cousins, Gary and his brother Clive Watson who are very experienced racers as they have raced sidecars since about 1962. Gary does not race any more after having two very bad accidents, but Clive still races. I was staying with both brothers for a couple of weeks in Perth before going on to my brother's place in a little village called Wolumla, in the Bega Valley, New South Wales.

While I was staying with Gary we drove about an hour north of Perth to Wanneroo Park to see the Australian Historic Motor Cycle Championship. While we were there we met Clive and his wife Jennie at the racetrack where Clive offered to take me around the racetrack on the sidecar unit on the next tune up day so I said "You are on".

The day before the practice day I was able to have a good look over Clive's outfit and was able to talk to Clive about going around the track on the chair.

Clive is a clever welder and fabricator who builds his own chassis and suspension etc. His chassis are tube space frames, four disc brakes with two on the front wheel, 8 inch wide alloy wheels, slick tyres etc. All of the racing car parts were bought out from England. Clive was making his own fairings in glass fibre in 1999, and a new fairing in carbon fibre which is about half the weight of fibre glass. The motor cycle engine is a Honda 4 600cc, twin cam 4 valve which in the standard bike puts out 85 bhp. With a bit of a head job, ports cleaned up, bigger carbs and a good exhaust system, 102 bhp at the rear wheel, is seen on the dyno (about 115bhp at the flywheel). Max revs 13,500.

Sunday was Test Day

We drove up to the raceway and unloaded the outfit before getting a motor bike licence as a passenger for Australian \$25.

Clive had done a couple of adjustments to the outfit for better handling and had also fitted bigger carbs, so it was a serious test day. He got a passenger for his outfit and when the sidecars were called out, went out on the track with an ex passenger of his named Wayne. He found out that the adjustments he had made worked and that the sidecar handled better and had more power at the top end with the bigger carbs.

The next session was my turn. Gary had loaned me his leathers as you can fall off the outfit with the G forces etc., and had a spare full-face visor helmet and gloves – so we were ready to go.

The first two laps were fairly easy and as the fairing came loose we then went back into the pits to fix them before going back out again. After another lap Clive opened it up. For 600cc pulling all the weight it accelerated very well with violent wheel spins on the slower corners. Apart from two left hand

corners, Wanneroo was all right hand corners and as the chair is on the left hand side it was only on the long left hand corners that the wheel lifted about six inches as I sat there and did not move (I am a bit older now and I am not agile enough to jump around the sidecar so sat in one position and just held on).

However, I was not a joy-ride passenger as I had to keep an eye on the oil pressure gauge which showed between 50-70lbs according to revs. If it dropped to zero you had to let the rider know immediately. This gauge was bolted to the chair front of the passenger and the rider had only a rev counter and water temperature gauge. There were also other sidecars on the track which passed us or we passed them.

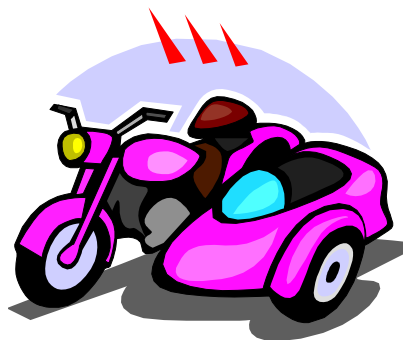
You had to hold on very tightly

You had to hold on very tightly to the hand rails otherwise you could be shot out of the chair either through acceleration or G forces on the corners with the grip of the slick tyres. After a while of speeding along I started to get cramp in my hands so I tapped Clive on the back (a signal we had agreed on) and came off the circuit into the pits. We had done about 6 or 7 laps and Jennie came up to us and said to Clive "You were going a lot faster with Brian than I thought you would". Clive's fastest lap around this track is about 1 minute 8 seconds and we had been doing about 1 minute 12 second laps which is fast when the passenger is not working. Most of the other outfits are up to 1200cc and do a lap in about 1 minute 3 to 5 seconds.

Later in the day he took some other people out for a ride and was only doing about 1 minute 18-20 seconds a lap with them. Speed in a race about 200k down the straight with me about 170 to 180k, as Clive was about 10k slower through the corners not having a passenger to help him corner and cut down wheel spin.

Towards the end of the day we went out again and did about 8 laps about 2 seconds slower than in the morning but a lot smoother. In the time between rides I had thought about it and worked out what to do so I was able to relax more and not hang on so tight when it was not required.

It was a great experience and many thanks to Clive for the chance to have a ride around a racetrack on a sidecar outfit. With us both out there the combined age was 114 years. Clive is 54 and is still very competitive coming fourth in the sidecar championships in 2004. A young 18 year-old friend of Clive's wanted a ride on the chair but that only lasted 3 to 4 laps and later on in the day he came up to me and said that I had bigger balls than he had. I did not tell him that I was sixty.



What Colour Should Pee Be?

The normal colour of urine is a straw-coloured, pale yellow. But what does it mean if you experience urine that's a different colour? There are many reasons for changes in urine colour - illness, certain foods, supplements, dehydration - all may cause changes in the urine colour.

Some reasons for changes in the colour of your urine include:

- **Red Urine** - May be a sign of blood in the urine (requires further investigation as to the cause which may be one of many), eating certain foods, blackberries, food dyes, medications, or a urinary tract infection.
- **Green Urine** - May be caused by eating asparagus or other foods and by artificial colouring in medications or food.
- **Orange Urine** - May be caused by eating rhubarb, laxatives with Senna, bile in urine or dehydration.
- **Cloudy Urine** - May be caused by a bladder infection, certain kidney conditions, different types of food or drinks, normal vaginal secretions or an abnormal vaginal discharge, kidney stones or prostatitis.
- **Blue Urine** - Generally results from artificial colouring in foods or medications.
- **Purple Urine** - Indicates urine from alien or extraterrestrial origin. (Just joking!)
- **Clear Urine** - Often the result of proper hydration and good health.

Whenever you experience urine of a different colour that gives you cause for concern, and you are certain that it is not related to eating a particular food or taking medication that is artificially coloured, you should seek the counsel of a health care professional to rule out any serious condition or illness that may require further treatment.

In the meantime, be sure to drink plenty of water. Water "flushes" impurities out of your system and keeps your "motor" running! Regular visits to our practice also keep your immune system operating at peak capacity to help you fight off many of the causes of disease.

* * * *

What Exactly Is Whiplash?

When you think of whiplash, most people immediately think "car accident." But a fall or many types of repetitive movement may also cause whiplash. Sometimes the symptoms from whiplash take days or

even weeks to manifest themselves, but the damage it causes can last for years.

What exactly is whiplash? It's a condition in which the joints in the back of the neck, joints that usually slide easily over one another, are forced together, causing damage to the nerves, discs, ligaments and muscles all around them.

The symptoms? Generally, these include headaches, dizziness, neck and arm pain, decreased attention span, an inability to focus and fatigue. These symptoms can be both very painful and downright debilitating to the whiplash sufferer.



The most common symptoms, headaches and neck pain, can occur weeks or months after a whiplash injury.

It helps to seek advice immediately for a thorough examination if you have been involved in an accident and suspect that you might be the victim of a whiplash injury. The earlier you establish the proper intervention, via chiropractic adjustments, the better your chances for a full recovery.

Of course, chiropractic adjustments also help older whiplash injuries, but recovery is usually slower and care during the acute phase generally takes longer.

Chiropractors manage whiplash injuries with careful and precise neck adjustments, sometimes ice and rehabilitative exercises that are designed to address the injured neck and shoulder muscles and joints. This has been shown to be very effective in managing the symptoms of whiplash, particularly the headaches that often accompany this type of injury.

Editor:- These articles are reproduced with the kind permission of Dr Louise Hockley, Back to Living: Wellington Chiropractors, Level 1, 50 The Terrace, Wellington 6011, telephone 04 499 7755 or visit the website www.chiro.co.nz

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ZZZZZZZZZ ... Snooze you lose?

True for dropping kilos! Sleep researchers conducted MRI scans on 12 men after a night of sleep and a night without sleep. After the latter, brain activity in response to food was heightened, suggesting that sleep makes us hungry! Sleep tight ... [Study published in *Journal of Endocrinology & Metabolism*.]

WELLINGTON MASTERS T&F CHAMPIONSHIPS – 2013 RESULTS

Grade	Name	Result	Wind	Grade	Name	Result	Wind
Day 1 (16th February):							
100m							
W35	Vanessa Story	13.26	-0.9	M80	Jim Blair	9.28	
W40	Andrea Williams	15.31	-0.9	Throws Pentathlon			
W60	Veronica Gould	15.41	-0.9	W35	Nicole Macquet	2541 pts	
M35	Gavin White	12.54	2.4	M60	Rob Hannan	997 pts	
M45	Mark Macfarlane	12.67	2.4	M80	Jim Blair	2917 pts	
	John Turner	12.76	2.4	Day 2 (23rd February):			
M50	Gary Rawson	12.31	2.4	60m			
M75	Peter Hanson	17.77	2.4	W60	Veronica Gould	9.78	-1.8
800m				M45	Mark Macfarlane	8.32	-1.8
W35	Vanessa Story	2:30.15		M50	Gary Rawson	7.92	-1.8
W40	Andrea Williams	2:33.81		200m			
W45	Anne Hare	2:34.44		W35	Vanessa Story	26.82	0.3
	Teresa Cox	2:41.42			Mandy Simpson	33.33	0.3
W50	Helen Willis	2:48.80		W40	Andrea Williams	31.17	0.3
M40	Kevin Pugh	2:17.50		M35	Gavin White	26.14	-2.1
M45	William Twiss	2:24.17		M45	Mark Macfarlane	25.94	-2.1
M60	Richard Brent	2:19.77		400m			
	Jonathan Harper	2:36.04		W35	Vanessa Story	1:01.26	
5000m					Mandy Simpson	1:15.80	
M40	Todd Stevens	16:29.76		W40	Andrea Williams	1:09.32	
	Kevin Pugh	17:14.29		1500m			
M45	Grant McLean	15:59.66		W45	Anne Hare	5:06.75	
	Colin Price	19:14.66			Teresa Cox	5:30.61	
	William Twiss	20:35.69		W50	Helen Willis	5:51.67	
M50	Neil Price	20:18.64		M40	Kevin Pugh	4:40.15	
M55	Mark Handley	18:59.44		M45	Michael Wray	4:44.79	
M60	Richard Owen	23:31.38			William Twiss	4:48.22	
80m Hurdles				M55	Mark Handley	4:59.61	
M80	Jim Blair	20.39	2.4		Tony Price	5:02.62	
100m Hurdles				M60	Richard Brent	4:54.82	
W35	Vanessa Story	20.04	1.3	M65	Brian Hayes	5:28.50	
110m Hurdles					Dougal Congalton	6:18.30	
M45	John Turner	19.98	0.9		Richard Sweetman	6:26.42	
1500m Track Walk				M80	Michael Browne	8:47.06	
W55	Terri Grimmett	8:35.64		3000m			
W65	Jacqueline Wilson	9:23.78		M40	Todd Stevens	9:36.90	
W70	Daphne Jones	10:23.67			Craig McLean	9:47.00	
M65	Geoff Iremonger	9:26.00		M45	Grant McLean	9:43.00	
High Jump					Michael Wray	9:49.00	
W75	Judy Hammond	1.04			Murray Peebles	10:31.00	
M45	John Turner	1.55		M50	Neil Price	11:46.00	
	Mark Macfarlane	1.50		M55	Tony Price	10:34.00	
Triple Jump				M65	Richard Sweetman	13:09.00	
M30	David Lane	13.39	1.9	2000m Steeplechase			
M50	Gary Rawson	10.59	1.7	M65	Richard Sweetman	10:23.06	
Shot Put				3000m Track Walk			
W35	Nicole Macquet	9.89		W55	Terri Grimmett	18:32.86	
W45	Gaylene Van Wijk	6.68		W70	Daphne Jones	21:57.68	
W75	Judy Hammond	6.53		W60	Barbara Tucker	21:00.70	
M60	Peter Orman	8.60		W65	Jacqueline Wilson	19:30.33	
	Wayne Holmes	8.50		M65	Geoff Iremonger	19:36.54	
	Rob Hannan	5.41		Long Jump			
M65	Peter Jack	5.32		M45	Mark Macfarlane	4.80	
M75	Peter Hanson	8.26		M50	Gary Rawson	5.27	-2.3
M80	Jim Blair	7.76		M60	Rob Hannan	2.26	-1.0
Hammer				Discus			
W35	Nicole Macquet	27.75		W45	Gaylene Van Wijk	18.29	
W45	Gaylene Van Wijk	20.14		M60	Peter Orman	29.65	
W60	Veronica Gould	19.30			Rob Hannan	16.38	
M45	Philip Jensen	53.40		M65	Peter Jack	15.56	
M60	Rob Hannan	12.96		Javelin			
M65	Peter Jack	18.24		W35	Nicole Macquet	24.20	
M80	Jim Blair	22.92		W75	Judy Hammond	13.23	
Weight Throw				M45	John Turner	31.28	
W35	Nicole Macquet	9.04		M50	William Taramai	30.00	
W60	Veronica Gould	7.36			Gary Rawson	27.52	
M45	Philip Jensen	17.43		M60	Peter Orman	25.66	
M60	Rob Hannan	5.55			Rob Hannan	14.47	
M65	Peter Jack	5.47		Pentathlon			
				M45	John Turner	2545 pts	
				M50	Gary Rawson	2209 pts	
				M75	Peter Hanson	1636 pts	

- COMING EVENTS -

2013

June

2 Christchurch Airport Marathon, Half Marathon & 10km Christchurch
23 Armstrong Full Marathon, Half Marathon & 10km Westpac Stadium

July

6-7 35th Gold Coast Full & Half Marathon + associated events Gold Coast, Queensland
www.goldcoastmarathon.com.au

14 **Masters 8km Road Race and Walk** Olympic Harrier Clubrooms

Aug

4 Townsville Running Festival - Full, Half Marathons, 10km & 5km Townsville
10-11 ITU Duathlon World Championships Ottawa, Canada
18 Woodburne Half Marathon, 10km & 5km RNZAF Base, Blenheim
24 Haven Realty Sanctuary Run - 25km & 14km Nelson
25 Sunshine Coast Full Marathon, Half Marathon, 10km & 5km Sunshine Coast, Brisbane
National Duathlon Championships Taupo

Sept

1 Pelorous Trust Half Marathon & 10km Petone
18 Abel Tasman Coastal Classic - 36km
22 Sydney Running Festival - Full, Half Marathons, Bridge Run Sydney
29 Berlin Marathon Berlin

Oct

5-13 South Island Masters Games Nelson
12 The Dun Run Nelson
13 Wairarapa Marathon, Half Marathon & 10km Masterton
20 **Masters 10km Road Race & Walk** Huia Pool, Lower Hutt

Nov

3 Auckland Marathon, Half Marathon & 10km Devonport, Auckland

2014:

April

13 London Marathon
21 Boston Marathon

May

4 Nelson Half, $\frac{1}{4}$ marathon and 5km run and walk Stoke, Nelson

Nov

2 New York Marathon

Note: While every attempt is made to provide correct dates of events, intended dates and venues can change. It is advisable to check the information from official entry forms, websites or event organisers.

CENTRE RECORD:

If you feel that you have set/broken a Centre record, please send the appropriate paper work, completed and signed-off to Peter Hanson at phanson@xtra.co.nz for ratification by the committee. His postal address is Apt 206, Summerset Village, 15 Aotea Drive, Porirua 5024, and telephone number is 04 237 0958.

CHANGE OF ADDRESS:

If any member changes their address, it would be appreciated if they could notify the Subscription Secretary. This enables us to keep records that are accurate and up to date and ensures that you continue to receive your newsletter and any other Master's material. It is also important that Club Co-ordinators notify the Secretary of any change of address to enable the information to keep getting out to the clubs in the Centre.

WELLINGTON MASTERS ATHLETICS INC.

**SUBSCRIPTION FOR THE 2012/2013 YEAR
(1 September 2012 to 31 August 2013) = \$50.00**

NAME(S): _____

ADDRESS: _____

BIRTH DATE(S): _____ **EMAIL:** _____

CONTACT PHONE No. _____ **CLUB (if any)** _____

How to Pay:

\$50 (\$100 for couple) - Cheque made out to Wellington Masters Athletics Inc. – (WMA Inc.) and send with form to: **VERONICA GOULD, PO BOX 5887, LAMBTON QUAY, WELLINGTON, 6145.**

Direct Credit to: Wellington Masters Athletics Inc., National Bank, The Terrace: **06 0565 0064415 00**
and forward a completed form to Veronica Gould at the above or email to:
gvgould@xtra.co.nz

NOTE: Wellington Masters Athletics singlets and T shirts are also available from Veronica Gould at a cost of \$30 and \$50 respectively.

Please advise any change of address as soon as possible